



Individual physiotherapy for back and neck problems

P a t i e n t I n f o r m a t i o n

INTRODUCTION

Back and neck problems are quite common. Usually they disappear spontaneously, but some cases require medical advice and corresponding treatment. Surgical intervention for back and neck problems is only necessary in a minority of cases. That is why physiotherapy is often recommended for a non surgical approach. Physiotherapy aims to reduce the strain on the spine and increase the body's ability to manage its workload.

INDIVIDUAL PHYSIOTHERAPY

Various factors often determine why symptoms don't disappear spontaneously. They may be different individually but could be of a biological, psychological and/or social nature. Physiotherapy is definitely the right approach to chart and tackle these persistent symptoms.

Individual physiotherapy is recommended when a therapy is needed that focuses on the specific requirements of an individual patient, with one to one contact and taking into account the patient's specific wishes and abilities. Depending on the patient and the particular problem, therapy may consist of specific exercise therapy, where necessary supplemented by manual therapy, targeted education, activity management, etc.

WHO CAN PARTICIPATE?

We offer individual physiotherapy to people who primarily suffer from spinal problems, following an in-depth medical evaluation to exclude any serious/potentially dangerous problems.

STEPS TO BE TAKEN

Step 1. Appointment with a doctor at the physical medicine and rehabilitation unit.

- ✓ You have not yet been referred for individual physiotherapy. Arrange an appointment via 016 34 25 60 with a doctor at UZ Leuven, who is specialised in spinal disorders. If necessary this doctor can refer you to the physical medicine and rehabilitation unit. In such cases your problems will initially be assessed in more detail.
- ✓ You already have a prescription for individual physiotherapy issued by another specialist consultant. Make an appointment with a doctor at the physical medicine and rehabilitation unit at UZ Leuven via 016 33 87 99. The doctor will verify whether you actually qualify for individual physiotherapy or whether a different type of treatment would be more appropriate.
- ✓ You already have a prescription for individual physiotherapy issued by a doctor of the physical medicine and rehabilitation unit at UZ Leuven. You can make an appointment to start the physiotherapy programme via 016 33 87 99.

Step 2. Start individual physiotherapy

General

Each treatment programme starts with an anamnesis (= question and answer session) and a clinical examination. The results are used, in combination with the medical diagnosis and physiotherapy prescription, to devise a programme diagnosis. Taking into account what is needed, we formulate a number of treatment goals in conjunction with the patient. Typical examples include flexibility improvement, reversal of unfavourable posture and movement patterns, learning how to regulate activities or when to be ready to increase the body's workload again, etc.

A treatment plan is then set up on the basis of the individual diagnosis and prescription. Depending on the nature of the problem and practical feasibility aspects, we assess which techniques or exercises will best enable the patient to achieve the proposed goals. Sometimes



the emphasis is on manual treatment (by the physiotherapist), at other times the focus will tend to be on exercise therapy. We also assess whether additional guidance is needed in the shape of education, ergonomic advice and/or psychosocial support where necessary.

Your own responsibility and self-reliance are equally important. In order to achieve lasting results we work with home exercises and your own input in your recovery is of vital importance.

Practical aspects

The intake takes approximately one hour, with subsequent treatments lasting 30 to 45 minutes.

The treatment frequency and duration of the rehabilitation period depend on your specific complaint.



COST

Each session is subject to a physiotherapy fee, a large share of which will be refunded by your health insurance fund.

CONTACT DATA

Outpatient rehabilitation (E 200)

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Design and Production

This text was composed by the physical medicine and rehabilitation department in conjunction with the Communications Department.

This brochure is also available at www.uzleuven.be/en/brochure/701098.

Comments or suggestions pertaining to this brochure can be submitted via communicatie@uzleuven.be.

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